

Creating a Safe and Supportive Learning Environment

Universal Tier-One Classroom Supports for Mental Wellness of All Students



Resource Packet

Tara Zomouse, M.Ed., BCBA, NCED
Diagnostic Center-North

California Department of Education

Components of Social Emotional Curriculum

Self Awareness	<ul style="list-style-type: none"> • Accurately recognize one's emotions and thoughts and their influences on behavior • Includes assessing strengths, limitations • Having confidence and optimism
Self- Management	<ul style="list-style-type: none"> • Ability to regulate one's emotions, thoughts, and behaviors effectively in different situations • Managing stress, controlling impulses, motivating oneself and goal setting (academic and personal)
Social Awareness	<ul style="list-style-type: none"> • To take the perspective and emphasize with others from diverse backgrounds and cultures • To understand social and ethical norms for behavior • To recognize family, school, and community resources and supports
Relationship Skills	<ul style="list-style-type: none"> • To take the perspective and emphasize with others from diverse backgrounds and cultures • To understand social and ethical norms for behavior • To recognize family, school, and community resources and supports
Responsible Decision Making	<ul style="list-style-type: none"> • To make constructive and respectful choices about personal behavior and social interactions based on ethical standards, safety concerns, social norms, evaluation of consequences and care for the well-being of self and others

School Library Journal – 25 Best Books for Kids’ Social emotional Learning:

<http://www.slj.com/2013/01/books-media/25-best-books-for-kids-social-emotional-learning/>

1. The Hundred Dresses.* Eleanor Estes. Harcourt, 1944. Gr 3–5.
2. Crow Boy. Taro Yashima. Viking, 1955. Gr 2–5.
3. Yesterday I Had the Blues. Jeron Ashford Frame. Tricycle. 2003. Gr 2–5.
4. Henry and the Kite Dragon. Bruce Edward Hall. Philomel, 2004. Gr 3–5.
5. Crazy Hair Day. Barney Saltzberg. Candlewick, 2003. Gr 2–4.
6. Lilly’s Purple Plastic Purse. Kevin Henkes. HarperCollins/Greenwillow, 1996. Gr K–3.
7. I Miss Franklin P. Shuckles. Ulana Snihura. Annick, 1998. Gr 1–3.
8. Danitra Brown, Class Clown. Nikki Grimes. Harpercollins/Amistad, 2005. Gr 3–5.
9. Lizzie Bright and the Buckminster Boy.* Gary Schmidt. Clarion, 2004. Gr 5.
10. Wonder.* R.J. Palacio. Knopf, 2012. Gr 3–5.
11. Rules.* Cynthia Lord. Scholastic, 2006. Gr 3–5.
12. Anything But Typical. Nora Raleigh Baskin. S&S, 2009. Gr 5.
13. When Sophie gets Angry, Really Angry. Molly Bang. Scholastic/Blue Sky, 1999. Gr K–1.
14. My Name is María Isabel.* Alma Flor Ada. S&S/Atheneum, 1993. Gr 3–4.
15. Thank you Mr. Falker. Patricia Polacco. Philomel, 1998. Gr 4–5.
16. Yoon and the Jade Bracelet. Helen Recorvits. Farrar, 2008. Gr 3–4.
17. The Teddy Bear. David McPhail. Holt, 2002. Gr 3–5.
18. Mouse Was Mad. Linda Urban. Harcourt, 2009. Gr K–1.
19. Teammates. Peter Golenbock. Harcourt Brace Jovanovich, 1990. Gr 4–5.
20. Chrysanthemum. Kevin Henkes. HarperCollins/Greenwillow, 1991. Gr K–1.
21. Joey Pigza Swallowed the Key.* Jack Gantos. Farrar, 1998. Gr 4–5.
22. Also Known as Harper.* Ann Haywood Leal. Holt, 2009. Gr 5.
23. How to Steal a Dog.* Barbara O’Connor. Farrar, 2007. Gr 5.
24. Becoming Naomi Leon.* Pam Munoz Ryan. Scholastic, 2004. Gr 3–5.
25. Willow’s Whispers. Lana Button. Kids Can Press, 2010. Gr K–1.

*chapter book or novel

Universal Tier 1 Classroom Supports for Student Mental Wellness

Checklist and Action Plan!

	<i>It's in Place!</i>	<i>Trying but not yet consistent and/or effective</i> • <i>Why?</i>	<i>Not yet in place</i>	<i>What's next?</i> • <i>What to adapt or change</i> • <i>First action step</i>
Mental Health Psychoeducation				
Stigma Reduction				
Youth Voice				
Safe and Caring Learning Environment				
Strategies to reduce stress				
Safety in making mistakes				
Clear routines and procedures				
Up-to-date Schedules and agenda				
Relaxation strategies				
Mindfulness				
Strategies to promote a positive outlook				
Reinforcement of				

coping strategies				
Class meeting				
Engaging curriculum				
Opportunities for movement				
Opportunities to respond				
Classroom rules				
Good Behavior Game				
5:1 Ratio!				
SEL Curriculum				
Engaging Families				

My Plan – where I am going to start: